

# Finesse Your Food

## Session Overview

This session provides an overview of ways to enhance healthy eating for good nutrition.

## Objectives for Session

1. Learn how to eat healthier calories by choosing foods wisely
2. Be able to plan and create healthy meals individually or for a family
3. Identify healthy, tasty recipe substitutes and additions

## Session Preparation

- Prepare the following materials:
  - ☐ S06 Making Healthy Food Choices
  - ☐ N19 Making a Meal Plan Work in a Family
  - ☐ N24 Recipe Smart Stand-ins for Healthy Cooking
  - ☐ N26 Snack Attack
  - ☐ N27 Spice It Up
  - ☐ N29 Sweet Suggestions
  - ☐ M01 Skip the Fad Diet
  - ☐ M11 Dietary Plan Choices
  - ☐ Create a Healthy Plate placemat
  - ☐ “Eat Wisely” Healthy Living Message
  - ☐ NCP video – Eat Wisely
- Facilitate the session so that most of the talking comes from the participants and less from the leader.
- As coach, your role is to facilitate discussion without lecturing.

## Session Outline (60-minute class)

- Check-in (5 minutes)
- Discussion Topics (40 minutes)
- 5-Minute MOVE!® (5 minutes)
- Putting It All Together (10 minutes)

## **Check-in (5 minutes)**

- Facilitate weigh-ins; enter weight into the CPRS Vital Signs package.
- Collect Daily Food and Physical Activity Diaries.

## **Discussion Topics (40 minutes)**

### **Introduction**

- Welcome everyone to the session.
- Review Ground Rules.
- Describe the purpose of today's class. State today's objectives and discussion topics. Encourage participants to attend all 16 sessions, since folks who do more sessions lose more weight.
- Invite participants to discuss their homework, Daily Food and Physical Activity Diary, progress, and goals since the last class.
- Facilitate problem-solving for any barriers.

### **Discussion #1: How can I choose healthier foods?**

- Start this discussion by showing the "Eat Wisely" video and sharing the Eat Wisely Healthy Living message.
- Next, ask participants what types of choices they have been making. Use handouts M01 Skip the Fad Diet and M11 Dietary Plan Choices as examples to consider.

### **Discussion #2: What can I do to plan and make healthy meals for myself and others?**

- Use handout S06 Making Healthy Food Choices and the Healthy Plate placemat to facilitate a discussion about how participants have been planning and making healthy meals. You may want to draw the Healthy Plate on a flip chart as you discuss it.
- Invite participants to discuss their past meals and how they have made changes to reflect the Healthy Plate.
- Ask for suggestions for how to include family and others in weight loss efforts. Use N19 Making a Meal Plan Work in a Family to clarify any questions.

### **Discussion #3: What are some healthy substitutes or alternatives for ingredients I normally use?**

- Ask the group to make a list of healthy alternatives for cooking, snacks, and desserts. Record this on a flip chart. You may choose to use the handouts listed below to guide your conversation.
  - N24 Recipe Smart Stand-ins for Healthy Cooking
  - N26 Snack Attack
  - N27 Spice It Up
  - N29 Sweet Suggestions

### 5-Minute MOVE!® (5 minutes)

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides an opportunity to demonstrate some simple but effective exercises.

**Ask participants if they would like to join you in doing the following warm-up and flexibility exercise:**

Invite participants to stand up and march in place for 2-3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

**Then, after 2-3 minutes, invite them to perform the following:**

#### QUAD STRETCH:

Standing close to a wall or a chair, place your right hand on the wall or chair. With the left hand, reach back and slowly pull your left foot up to touch your buttocks. Hold for 15-60 seconds. Relax back to your starting position. Repeat at least 4 times. Now, stretch the other leg.



### Putting It All Together (10 minutes)

#### Session recap:

- Divide the group in half and ask those on your right to recap some tips for meal planning. Ask those on your left to suggest healthy food choices that support the meal planning tips.
- Ask, “What was most helpful today? What could have been better?”

#### Goals and action planning for the next week:

- Have Veterans review Handout N26, *Snack Attack*, over the next week.
- During the week, ask them to identify problem snacks and to think about healthy substitutions. They can share their new snack ideas at the next class.

#### Homework for next week:

- Remind participants to continue logging in their Daily Food and Physical Activity Diary and to bring the diary and their pedometer to every session.
- Provide whatever information is necessary for attending the next session (date/time/location, etc.).

#### Topic for next week:

Pump Up Your Physical Activity!